

City of Gulfport Wellness Program 2015



Do You Want to lower your Health Insurance Premium? Do you want to save up to \$50.00 per month towards your Health Insurance Premium?

If you meet certain **health related goals**, you will qualify for a reduction in your health insurance premium **starting summer of 2015**. This is a **voluntary health-contingent** wellness program.

GUIDELINES

- Go online to mybenefitschannel.com to access an **Initial Wellness Verification Form**. You must first register by setting up a secure password in order to later access your information. The form is located under the **Wellness Center/ (Wellness Tutorial section)**.
- Complete **wellness exam with the Nurse Practitioner or a private medical provider**, testing the following: blood pressure, height, weight, complete metabolic panel, fasting lipid panel, complete blood count with differential platelets, and urinalysis testing for nicotine.
- Once you have been seen by your medical provider you must provide the results to Medical Analysis Clinic. You will be responsible for posting your results on mybenefitschannel.com **within two (2) weeks**. In order to qualify for the premium discount you must complete the Health Risk Assessment and other program requirements listed on mybenefitschannel.com website.
- Receive age-appropriate wellness exams.

If Wellness exam is conducted by **Physician**, a report must be forwarded to **Wellness Program Reviewer** at Medical Analysis Clinic, the gatekeeper for the medical records. **This report will be kept confidential. Wellness Exams are covered under our health plans at 100% with no co-payment.**

**HEALTH RISK ASSESSMENT MUST BE COMPLETED BETWEEN
JANUARY 3, 2015 – FEBRUARY 28, 2015**

Based upon results of your health risk assessment, you will have to meet specific goals to address your identified medical risk, i.e., high cholesterol, diabetes, high blood pressure, and meet **at least 50%** of your identified goal (s).

All program requirements must be completed no later than **June 30, 2015** in order to receive the discount, effective the second pay period in July. **(Complete details can be found on the Human Resources website, under Wellness information.)**

If you need additional information, please access website or call Human Resources at 228.868.5831